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INSPIRING HOPE WITH HEMI-SYNC®

by David R. Atkinson

*When David Atkinson was diagnosed with a type of motor neuron disease (MND) very similar to Lou Gehrig's disease in 1991, he vowed to overcome its hopeless prognosis. In his quest, David assembled an array of mind/body interventions—plus Hemi-Sync—and successfully reversed the majority of his symptoms. He has told the story of his healing journey in *Hope Springs Eternal*, just published by A.R.E. Press, Virginia Beach, Virginia. David became a member of the Institute's Professional Division in 1996 and is also a member of the Dolphin Energy Club. February 27 through March 10, 1999, he was invited to teach his wellness program in Turkey and Israel. Popular demand brought him back to both countries April 10 through May 6.*

I volunteer my time teaching individuals diagnosed with motor neuron diseases such as Parkinson's, multiple sclerosis, and the effects of neurological aging. On my first trip to Israel and Turkey, registered nurses, university research professors, medical personnel, and professional athletes all were eager to learn holistic methods for relieving the symptoms of these devastating diseases. Their enthusiasm for my approach led to an interview on Turkish national television. This provided an opportunity to stress the importance of a more humanitarian approach when delivering a terminal diagnosis and to note the detrimental effect of giving a patient a time prognosis. Since no one can predict how long any human being may live, why encourage negative, self-destructive thought processes with an educated guess?

A national newspaper interview provided another opportunity to deliver these messages. I also presented a copy of *Hope Springs Eternal* to Sadat Balkanli, one of Turkey's superstar soccer players. Sadat's sports career was cut short by a diagnosis of amyotrophic lateral sclerosis, a type of MND. We met in the fall of 1998 while he was a patient at the Mayo Clinic in Rochester, Minnesota. Sadat knows that patients using my wellness protocol for MND have improved.

A total of six patients completed the entire five-day program. In April and May, I saw patients in Efrat and Kfar Soba, Israel, and continued to work with those already on the program. This second visit took me to the Turkish cities of Konya and Ankara, in addition to Istanbul. In all, twenty patients were directly exposed to my methods during both trips.

HUMAN PLUS *Eight-Great* is a superb teaching tool and is an indispensable part of this program. Portions of many patients' physical bodies function poorly. Neurologists have told them that those body parts are degenerating and will never be useful again. The patients absorb the programming and start to ignore those parts of their anatomy. I use the PREP side of *Eight-Great* to reestablish communication with neglected areas. The patient is asked to

disregard the sleep instructions on the tape and encouraged to remain alert while the tape is played over open speakers. The *H-PLUS*® Access Channel becomes a vehicle for exposing the patient to visualization. While the Access Channel is open, I assist them in imagining that they are sending healing energy to every part of their physical body—emphasizing the places that are most symptomatic. The tape is stopped and rewound at the point where the Access Channel closes. Putting negative thoughts into the Security Repository Box reinforces visualization skills and gives the patient a practical way to control and neutralize them.

Once the patient is comfortable and proficient with the PREP side of the *Eight-Great* tape, he/she is asked to recall a pleasant, vivid scene. We work together to add detail—texture, color, sound, and scent—to make the visualization as “real” as possible. At this point, they are ready to design a specific healing guided imagery and to use it to gain authority over their illness. Their own imagery becomes the foundation for a strong, self-empowering belief system. Patients keep the *Eight-Great* tape and use it to reinforce meditation, visualization, and their custom-designed imagery, as well as for relaxation and sleep. Telephone follow-up keeps them motivated and fine-tunes the healing guided imagery. We found that perseverance and commitment could overcome even the language barrier.

Transatlantic flights and shuttling between countries and cities can be physically draining. Unless I take care of myself, fatigue eventually exacerbates my own symptoms. Sleeping through the Rain guaranteed a good night’s sleep almost every evening. *H-PLUS Reset* got me going each morning, and *Catnapper* was handy for a quick pick-me-up while the patient had lunch. On the way home, I rewarded myself with a two-day stopover in Rome—to relax, recharge, and savor the completion of another successful hope-spreading mission.

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